

## Arthritis Aquatic Class

### Age Requirements

18 and over

Available 24/7

No

### Other Eligibility Criteria

Individuals with joint pain, arthritis, Parkinson's Disease

Family

No

### Intake Process

Register; pay fee if non-member

Provider Refer

Yes

### Report Problems

Call the Agency

Self Refer

Yes

Franklin County YMCA

<http://www.franklincountyyymca.org/>

[https://www.franklincountyyymca.org/index.php?option=com\\_content&view=article&id...](https://www.franklincountyyymca.org/index.php?option=com_content&view=article&id...)

<https://www.facebook.com/Franklin-County-Family-YMCA-208353857592/>

Main

(540) 489-9622

235 Technology Drive

24151 VA

United States

Monday: 6:00 am-8:00 pm

Tuesday: 6:00 am-8:00 pm

Wednesday: 6:00 am-8:00 pm

Thursday: 6:00 am-8:00 pm

Friday: 6:00 am-8:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Franklin County YMCA offers water exercise classes, swim lessons, lifeguarding classes, and an aquatic arthritis class.

Visit the website for the class schedule. There are some aquatic classes that are designed to help increase joint flexibility, range of motion, and muscle strength.

Service Area(s)

Franklin County